

# Maryland Public Schools Student Healthy Weight Program

Are you concerned about your child's weight?

Ask your doctor about the Student Healthy Weight Program?

## Why is a healthy weight important?

More than 25 million American children and teenagers are overweight or obese. The mission of this project is to identify those elementary students at greatest risk for severe obesity and coordinate a team approach of intervention at schools incorporating the primary care providers, families, school nurses, and school physical education teachers. Begun in 2014, funded with national CDC support through the Maryland DHMH 1305 Chronic Disease and Prevention Grant, this is a pioneering program to improve communication between health providers and school system wellness staff. The program will provide discrete monitoring and education in nutrition and physical activity for the student and the family using the **5-2-1-Almost None** Wellness Resources from Nemours Children's Hospital in Delaware.

## Tips for Parents:

If you are concerned about your child's weight, talk to your primary healthcare provider about the Student Healthy Weight Program. This interdisciplinary program provides students and families with education about nutrition, exercise and health education to promote a healthy lifestyle.

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### Tips for Children

Have you ever heard of the **5-2-1-Almost None** Wellness Plan? Did you know that every day you should strive to:

- Eat **5** servings of fruits and vegetables
- Limit computer and TV time to **2** hours
- Participate in at least **1** hour of physical activity
- Drink **Almost No** sugary beverages

Ask your doctor how you can live a more healthy lifestyle!

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Ask your doctor how you can live a more healthy lifestyle!

### Family Resources

Download these tools to learn more about wellness!

#### - **Nemours Resources**

<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>

#### - **Kentucky 5210 Resources**

<http://chfs.ky.gov/5210>

#### - **Kentucky 5210 PowerPoint**

<http://chfs.ky.gov/NR/rdonlyres/682BD994-E145-409D-A78D-798F7F27E540/0/5210Toolkitoptimized.pdf>

#### - **5210 “Let’s Go” Program from**

##### **Maine Toolkit**

<http://www.letsgo.org/toolkits/k5toolkits/>

#### - **5-2-1-Almost None, Staying Healthy**

##### **by the Numbers**

[http://kidshealth.org/classroom/3to5/personal/fitness/summer\\_handout1.pdf](http://kidshealth.org/classroom/3to5/personal/fitness/summer_handout1.pdf)

#### - **Choose My Plate Resources**

<http://www.choosemyplate.gov/kids/ParentsEducators.html>



Brought to you by the Maryland Department of Health and Mental Hygiene in collaboration with your local school system

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